



Junkanoo Journal

Department of
State

June 17– July 11, 2005

Ambassador Opens Arms Safety Course



See article on page 4....

Happy Birthday!

July Births

Ronnie Fontenot	2
Zoe Gil	5
Kasimu Ellis	8
Tonya Darling	9
Sabrina Lunn	13
Kay Crawford	14
Bel Vanderploeg	17
Clifford Fernander	18
Louis Giacobbe	20
Mike Mayles	21
Dewey Sanders	22



Essential Numbers

Embassy	322-1181
Post One Emergency	328-2206
if busy:	356-3229
or cell:	457-3892
Duty Officer Cell	357-7004
Sandyport Health Unit	327-1850/52
Nurse Carol Clowes	427-2508
Police/Fire Emergency	919/911
Doctor's Hospital	322-8411/14
Ambulance	302-4747
CLO	ext. 4254
Lori's Cell	424-3478
GSO cell	427-7582 For emergencies!

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The Complexities of Moving a Marriage

Any couple who has watched their life's treasures being wrapped and double wrapped for protection during a relocation would do well to stop for a moment and wonder: why is their relationship - which is also being transferred - not being equally safeguarded against breakage? Most couples simply don't consider that their relationship is also being shipped to a new country where the impact of a variety of pressures and shocks can take a heavy toll, often leading to a divorce court. Anecdotal evidence (because there isn't much else when it comes to moveable marriages) would indicate that many marriages simply don't survive a relocation.

In a survey I conducted as research for my latest book, *A Moveable Marriage: Relocate Your Relationship without Breaking It*, almost half of the people contacted admitted they had not given their relationship much thought in the moving process. The reason?" Before they relocate, couples tend to focus on the externals of the move, such as where they will live, what schools their children will attend, or where they will buy groceries," says Dixie Wilson, who works in the Employee Assistance Program for the Houston-based energy company ConocoPhillips.

"They entirely ignore the internal challenges, so many of which are the keys to the successful relocation of a relationship. They are in complete denial about the changes which lie ahead for their marriage," says Wilson, who believes a renegotiation of the marriage agreement needs to be undertaken if a couple is going to understand each other's needs during relocation. Among other things, that means understanding the role each partner will play in the relocation in the first instance, and later, in building a new life together abroad. Often, from a working spouse's perspective, the pressure on the non-working spouse in a new city or country can appear minimal because it is often attached to trivial matters.

"Right after a move, feelings of disorientation and isolation are usually brought to light by something such as a woman not being able to find a mop in a new city or even knowing what store would sell one, how to get there or how to ask for it," according to London-based marriage therapist Phyllis Adler. "The lack of control and power this represents is not easily conveyed. Talking about it can be tedious and boring to a working spouse who is busy trying to reorganise a multimillion-dollar division of a company," says Adler. She adds that the situation can be much worse for a couple who have had no experience of moving and have not done any preparation.

"In that case, the couple may not even be aware of what they are feeling, beyond increased levels of confusion and discomfort. Relationships are not 'manageable' in the way companies are manageable, so a marriage can't operate like a business." Using the language of business is sometimes not a bad way for couples to communicate about the relocation. An expat wife relocating to Latin America, for instance, told me that the only way she could communicate her own needs to her working partner was by using non-emotional, matter of fact, case-in-point scenarios. "I did everything short of break out an overhead projector and flowchart!" she confessed.

And how has the idea of a move abroad been raised in the first place? Within the answer to that question lies a possible key to understanding how a moveable marriage can develop tense dynamics in its early days; if a woman feels coerced into a move, or says "yes" when she really means "no". So here a few quick tips to keep the marriage on track during a relocation:

Think like a team: A team sticks together through thick and thin. Sit down with your partner to ask one another about individual goals and to set common objectives for yourselves as a couple or perhaps, as a family. Listening to each other's hopes and dreams can be a positive experience if you create a sense that you're both working towards the same end and want to support the other in achieving his or her goals.

Regularly engage in "end of the day" conversations: these conversations help partners feel connected to each other, but pick a time that's suitable for your family. So often, in the process of moving, couples aren't aware that an "emotional disconnect" is building a wall that will grow higher with each passing day if neither partner attempts to scale it.

Finally, in order to restore and maintain harmony when a relationship moves, it helps to be knowledgeable about the emotional part of the relocation - all the ups and downs. Otherwise, the moving boxes may be emptied and the household goods put away, but a couple's feelings for each other may be left out in the cold.

— From The Weekly Telegraph

Send in your Articles.

The Clo office is always looking for articles to enhance the Junkanoo Journal. Suggested articles could be about sports, children, web sites of interest, recipes, or anything you would like to share with the Embassy community. Email the Clo at Johnsls@state.gov with your ideas or article and I can include your article in the next journal.

MANAGEMENT NOTICE

Subject: DIVERSITY SENSITIVITY TRAINING SESSIONS

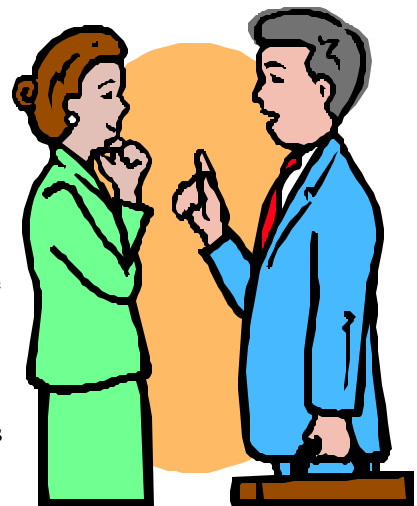
Gregory B. Smith and Henry C. Norcom from the Office of Civil Rights will be visiting post from July 11-14, 2005 to conduct Diversity Sensitivity Training Sessions to include General EEO overview, sexual harassment, management responsibilities, FSN rights and responsibilities, diversity issues and consultations at the Embassy.

Sessions for State Department American employees will be on Tuesday, July 12, 2005 from 9:00am – 12:00noon and 2:00pm – 4:00pm. Other agencies' American employees are also welcome to attend. Please notify my office if you would like to be included.

A session for American Managers will be on Wednesday, July 13th from 9:00am – 12:00noon.

A session for Locally Employed Staff will be on Wednesday, July 13th from 1:00pm – 3:00pm.

All direct-hire State Department Americans should attend and I strongly encourage all locally employed staff to attend the Wednesday afternoon session



SUBJECT: GASOLINE TAX REBATES SUBMISSION REMINDER – APRIL – JUNE QUARTER

Once again, it is time for all personnel with a diplomatic title and holding a “gold” Ministry of Foreign Affairs identification card to submit all gasoline receipts for gasoline tax rebates. Receipts should be sent to Mrs. Lisa Ferguson in the Budget and Fiscal Section. Only receipts for the **April to June 2005 quarter** will be accepted. **No other** repeat **no other** receipts will be accepted. Receipts must be submitted to arrive no later than **Wednesday, July 20TH, 2005.**

Continued from page 1

Public Affairs Section

Telephone: 322-1181, ext. 4251/4220

Nassau, Bahamas



PRESS RELEASE

Ambassador Opens Arms Safety Training Course

Telephone: 322-1181, ext.
4251/4220

Nassau, Bahamas

June 28, 2005

Ambassador Rood delivered opening remarks on June 28 to an Embassy-sponsored Arms Safety training course for Bahamian law enforcement officers. Over the three days of the course, two professional firearms instructors from the U.S. will train thirteen officers from the Police College, the Armory, the Drug Enforcement Unit and the Royal Bahamas Defense Force, in weapons techniques and safety.

Ambassador Rood reminded the officers that they are the "first line of defense against illegal drugs" and expressed his appreciation for their dedication. "In the fight against illegal narcotics, we are dealing with clever individuals that do not shy away from using lethal force to defend their ill-gotten gains. During this training course, we hope that you will learn to deal with those threats safely."

Assistant Superintendent of Police Reginald Ferguson spoke on behalf of the Royal Bahamas Police Force and underscored the importance of providing training opportunities to law enforcement officials. Police College Commandant Quinn McCartney was also in attendance.

The Narcotics Affairs Section of the Embassy provided funding to facilitate the participation of two professional firearms instructors from the private company Blackwater USA. Blackwater USA has one of the most comprehensive tactical firearms training programs in the United States.

Said Ambassador Rood, "This American company has a proven track record in training law enforcement officers to the firearms standards necessary to keep our communities safe and secure. Its instructors are among the best in the world."

The funding for the course was provided under the terms of the Letter of Agreement on Narcotics Control and Law Enforcement between the Government of the United States of America and the Government of the Commonwealth of The Bahamas. Since 1991 the U. S. has donated more than \$9.1 million dollars to the people of The Bahamas to combat illegal drugs through law enforcement capacity-building initiatives and demand reduction programs.

Who is Handling Your Classified Material?

As an approved custodian or user of classified information, you are personally responsible for the protection and control of this information. You must safeguard this information at all times to prevent loss or compromise and unauthorized disclosure, dissemination, or duplication. Unauthorized disclosure of classified material is punishable under the Federal Criminal Statutes.

If you need to be briefed on the specific rules for handling classified information, please contact your supervisor immediately. Below are some standard procedures that apply to everyone.

Classified information that is not safeguarded in an approved security container shall be constantly under the control of a person having the proper security clearance and need-to-know. An end-of-day security check should ensure that all classified material is properly secured before closing for the night.

If you find classified material left unattended (for example, in a rest room, or on a desk), it is **your** responsibility to ensure that the material is properly protected. Stay with the classified material and notify the security office. If this is not possible, take the documents or other material to the security office, a supervisor, or another person authorized access to that information, or, if necessary, lock the material in your own safe overnight.

Classified material shall not be taken home, and you must not work on classified material at home.

Classified information shall not be disposed of in the waste basket. It must be placed in a designated container for an approved method of destruction such as shredding or burning.

E-mail and the Internet create many opportunities for inadvertent disclosure of classified information. Before sending an e-mail, posting to a bulletin board, publishing anything on the Internet, or adding to an existing Web page, you must be absolutely certain none of the information is classified or sensitive unclassified information. Be familiar with our policy for use of the Internet. If anything is questionable, ask the RSO.

Classified working papers such as notes and rough drafts should be dated when created, marked with the overall classification and with the annotation "Working Papers," and disposed of with other classified waste when no longer needed.

Computer diskettes, magnetic tape, CDs, carbon paper, and used typewriter ribbons may pose a problem when doing a security check, as visual examination does not readily reveal whether the items contain classified information. To reduce the possibility of error, some offices treat all such items as classified even though they may not necessarily contain classified information.

Classified Material Handling continued

Foreign government material shall be stored and access controlled generally in the same manner as U.S. classified material of an equivalent classification, with one exception.

Top Secret information is subject to continuing accountability. Top Secret control officials are designated to receive, transmit, and maintain access and accountability records for Top Secret information. When information is transmitted from one Top Secret control official to another, the receipt is recorded and a receipt is returned to the sending official. Each item of Top Secret material is numbered in series, and each copy is also numbered.

Some classified Department of Defense information is subject to special controls called Alternative or Compensatory Control Measures (ACCM). ACCM are security measures used to safeguard classified intelligence or operations and support information when normal measures are insufficient to achieve strict need-to-know controls and where special access program (SAP) controls are not required. ACCM measures include the maintenance of lists of personnel to whom the specific classified information has been or may be provided, together with the use of an unclassified nickname and ACCM designation used in conjunction with the security classification to identify the portion, page, and document containing such specific classified information.

Save yourself from the Marines!!

1. Take extra measures to ensure your classified material is safe.
2. Do you need a reminder posted on your door?
3. Are you careless and need a designated person to do a sweep of the office at the end of the shift?
4. Are you using a cover sheet?

This is a serious matter. Many people have lost promotions and even their jobs due to issues with classified materials being handled incorrectly. Do the job right.

Cover, Conceal, and Check!!





Junka-news

Security News

THE EMBASSY OF THE UNITED STATES OF AMERICA NASSAU, BAHAMAS

PUBLIC ANNOUNCEMENT REGARDING THE TRAGIC EVENTS IN THE UNITED KINGDOM

The morning of July 7, 2005, explosions occurred at three Underground train stations and on a bus in Central London. The explosions appear to be the result of a terrorist attack. UK government officials have confirmed over 30 deaths and numerous injuries. There are reports of some American citizen injuries, but no American fatalities.

Access to Central London was temporarily restricted to accommodate emergency operations. UK officials expect transportation services on most Underground lines will be returning to normal during the course of July 8, with some disruptions. Information on disruptions to London transportation services can be found at www.tfl.gov.uk <<http://www.tfl.gov.uk>>. Mobile phone systems suffered some disruptions in service but are returning to full operation.

Public services outside of Central London are available. Airports remain open and are handling normally scheduled flights. The National Rail Services are operating with some disruption. For train information, visit www.nationalrail.co.uk <<http://www.nationalrail.co.uk>>. Tourist sites are open to the public.

The U.S. Embassy temporarily suspended public access on July 7, although emergency services remain available. It will be open for all public services on July 8.

Please refer to media news outlets for the most current information. For inquiries about the welfare and whereabouts of American citizens who are believed to have been in the vicinity of the explosions, please contact the U.S. Department of State by calling 1-888-407- 4747 in the U.S., and for callers outside the U.S. and Canada by calling a regular toll line at 1-202-501-4444.

U.S. citizens should also consult the U.S. Department of State's Travel Warnings, Consular Information Sheets, the Worldwide Caution Public Announcement and other information, available at <<http://travel.state.gov>>. The U.S. Embassy in London can be reached at (020) 7499-9000 between the hours of 8:30 a.m. and 5:30 p.m. local time.

Americans living or traveling in the UK are encouraged to register with the nearest U.S. Embassy or Consulate through the State Department's travel registration website, <<https://travelregistration.state.gov>>. Americans without Internet access may register directly with the nearest U.S. Embassy or Consulate.

Remember to use the same common sense traveling overseas that you would at home. Be aware of your surroundings and be especially cautious in or avoid areas where you are likely to be victimized. These include crowded subways, train stations, elevators, tourist sites, market places, festivals and marginal areas of cities.

U.S. Embassy Nassau contact information:

Tel:(242) 322-1181, after hours (242) 328-2206

Fax:(242) 356-7174

e-mail: acsn@state.gov <<mailto:acsn@state.gov>>

The Commissary bulletin

Saying Thanks

As the time comes to say good-bye to the old and welcome in the new, the hard working volunteers in the commissary would like to pause for a moment and salute one of their own as they move on.

Ray and Mimi Catena will be missed!!

They have both contributed their time, money and expertise to help the commissary along without even a thank you. So at this time we would like to take our hats off to them, wish them the best and give them a big salute.

Thanks!!!

You are Needed!!!

Volunteer! We need you! We need cashiers for two days a week. Saturday or Wednesday. You can choose! We have a few volunteers, but they also need vacations. The Commissary has made many changes and will continue, but we need active members. If you are an active member or someone who is considering becoming an active member, we invite you to one of our meeting. These meeting are usually Wednesdays at 1030 am. Please call any board member first to verify the meeting is on!



Have you paid your dues?

Currently, some people are utilizing the commissary but have chosen not to pay their annual fee. This is unfair to those who have. Please pay by July 1st or it will be withheld from your deposit.

Commissary Hours

**Wednesdays 10:00 AM to 2:00 PM
& Saturdays 12:00 - 2:00 PM.**

Cold Beverages Now Available!

Memberships required; Call Kay at ext. 4285

T shirts and Hats Now on sale

Your Commissary Board:

- ♦ Jeff Rotering
ext. 4218
- ♦ Ray Catena
ext. 4336
- ♦ Shannon McBrayer
327-0209
- ♦ Pat Wielke 394-4575
- ♦ Scott Buttrick
ext. 4224
- ♦ Bel Vanderploeg
ext. 4275
- ♦ Kevin Stanfill
ext. 4328
- ♦ Lori Johns

UPCOMING EVENTS

July 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

July 13 Pool Party 1100 to 1500 All kids Bring a towel and lunch..

July 16th– Chartered fishing trip
Details below

July 20th –Kid's Ice Cream Social and Swimming Pool Party 1100 to 300

July 22nd–Embassy and Spouse Brunch at the Embassy.. Everyone brings a dish to share.. Please sign up with the CLO.

July 25th—Ladies day out . Good fellow farms will provide lunch at \$12.00/person and give us a tour of the facility. Sign up With Clo.

July 27 Kids Party Pirate adventures. Details to follow

July 30th- Stingray Adventures See below.

Please sign up for the events. Otherwise we have no idea who will be attending. If there is not enough interest, the event will be cancelled.

Chartered Fishing Trip: July 16th 8 am to 12 pm Includes fishing equipment, first mate, but not beer. **Sign up outside CLO office.** First ten people who sign up will go on this date. Possibility another boat may be chartered the same day or at a later date depending on interest.

Stingray Adventures: July 30th Need 40 people minimum Cost 25.00/adult \$21.00/child includes lunch with choice of hamburger/cheeseburger/hotdog or chicken sandwich. If we have a minimum of 40, the event will start at 900 and go till 4:30. **Sign up outside the CLO office**

Ice Cream and swimming pool party: July 20th All children are invited to come out and swim between 1200 and 1500. Please bring \$4.00/per person to help pay for the ice cream and treats. **Please sign up at the Clo' s office or email johnsls@state.gov.**

Important News Flash

Attention All employees with animals! The Hilton has notified us they will **no longer** accept any pets during hurricane season. Anyone who would like to change their shelter election form can do so by contacting Joyce Murray at 4206.

Shepherd's Nook, a home for unwed mothers, has a need for any men's, children, and/or women's clothing. What they don't use they donate to the needy. Please help!

Nancy

Navy Liaison Office
Nassau Bahamas
bennetttn@nassau.mg.southcom.mil

Marine Corps Ball Tickets are ready and can be purchased from the Detachment Commander or the Marine House for **\$80.00**. Tickets are cheaper this year so come out, support the Marines, and enjoy the night. The Marine Corps Ball will be held on November 12.



ATLANTIS PASSES ALERT!

Due to the hotel's very high occupancy, passes will now not be issued until After August 31, 2005.

Atlantis apologized for any inconvenience this may have caused.

Ah Mates,

Planning on a party for ya all pirates. This will be a mystery who don it kind of dinner. But before the festivities can begin we need a few winches and their mates to step forward and be one of several host and /hostess. As soon as we have some willing participants then we will begin sign-ups. The name of the mystery dinner is **Treason and Treachery**. Ten players are involved in each party.. There will be a cover charge to help with the grub. **All** adults are encouraged to participate.. At the end of the evening all parties will meet and enjoy everyone's company (and costumes). Please email the Clo at johnsls@state.gov.

Junkanoo Journal Submission Guidelines

Thanks to all of you who contribute to the Junkanoo Journal. Your contributions are what make it a great newsletter! For anyone interested in submitting articles or photos to the Junkanoo Journal, your submissions are welcome! Here are a few guidelines:

- Always submit by email (CLONAS@state.gov) or disk. Because of time constraints, hard copy submissions might not be published.
- Submit articles as plain text. Don't try to format the submission for publication. What you send won't look the same in this document as it did in yours.
- If you're sending a picture and know how to make it a smaller file, please do.
- If you are sending something you did not write yourself, please credit the author and publication.

Submit your advertisements, articles and announcements to the CLO by **COB Wednesday** for Friday publications.

Submissions may be edited for length, clarity, or security. Publication in the *Junkanoo Journal* does not imply endorsement by the Community Liaison Office, Embassy Nassau or the Government of the United States.